



News Advisory

Friday, June 6, 2008
For more information, contact:
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UDOH, State Parks Launch New Gold Medal Mile and Walking Challenge

- What:**
1. Kick-off a four-month statewide walking competition
 2. Inaugurate a new Gold Medal Mile
 3. Invite Utahns to enjoy the beautiful sceneries of Utah's State Parks
- Why:** To help Utahns get healthy by getting them out of the house and into state parks
- Who:** UDOH Executive Director and avid walker Dr. David Sundwall
Representatives from Utah State Parks
Miss Wasatch Christina Lowe
Representatives from UDOH Heart Disease and Stroke Prevention Program
- When:** 11 a.m. – 1 p.m. Saturday, June 7, 2008
- Where:** Wasatch Mountain State Park

Driving Directions to Wasatch Mountain State Park Visitor Center

From Salt Lake City:

Take I-80 East toward Park City
Take Exit 148 (Hwy 40 to Heber).
Travel (x miles) to the first light.
Turn right onto River Road
Stay on River Road for 2 miles to the Circle
Take the right fork onto Burgi Lane
(heading west)
Follow Burgi Lane as it changes into Cari
Lane
At the stop sign (Homestead Dr.), turn right
Follow this road as it curves to the left
The visitor center is on your right

From Provo:

Travel up Provo Canyon (Hwy 189)
Follow Hwy 189 past Deer Creek Reservoir
Turn left onto Hwy 113
Follow Hwy 113 to Main Street in Midway
(there will be a stop sign)
Turn left. Follow Main Street to the next
stop sign and turn right
Follow this road as it curves first to the left,
and then to the right
You will be on Homestead Dr.
Follow Homestead Dr. for about 3 miles.
The road will curve to the left again.
The visitor center is on your right

For additional directions, call the park at (435) 654-1791

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